

|| aitareya upanishat ||

vaangme manasi pratishThitaa mano me vaachi pratishThitamaaviraaveerma edhi
vedasya me aaneesthah shrutam me maa prahaaseeranena aadheetena ahoraattraan
sandadham amyutam vadishyaami satyam vadishyaami tanmaam avatu tadvaktaaram
avatu avatumaam avatu vaktaaram avatu vaktaaram

om shaantih shaantih shaantihi

aatmaa vaa idmeka evaagra aaseennanyatkinchana mishat sa eekshata lokaannu
sruja iti || 1 ||

sa imaamllokaana srujata
ambho mareecheermaramaapo~dambhah parena divam dyouh pratishThaantariksham
mareechayah pruthavee maro yaa adhastaattaa aapah || 2 ||

sa eekshateme nu lokaa lokapalaannu sruja iti
so~bhdyeva purusham samudhrutyaa moorcChayat || 3 ||

tamabhyatapattasyaabhitaptasya mukham nirabhidyata yathaandam
mukhaadvaagvaacho agnirnaasike nirabhidyetaam naasikaabhyaaam praanah
praanaadvaayurakshinee nirabhidyetaamaksheebhyaam chakshushchakshusha
aadityah karnou nirabhidyetaam karnaabhyaaam shrotram
shrotraaddishastva~ginarabhidyata tvacho lomaani lomabhyaa oshadhivanaspato
hrudayam nirabhidyata hrudayaanmano manasashchandramaa naabhirnirabhidyata
naabhyaa apaano~paanaanmrutyuh shishnam nirabhidyata shishnaadreto retasa
aapah || 4 ||

iti prathamah khanDaha

taa eta devataah srushTaa asminmahatyarnave praapatamstamashanaa
pipaasaabhyaaamanvavaarjat taa enamabruvanaayatanam nah prajaaneehi yasmin
pratishThitaa annamadaameti || 1 ||

taabhyo gaamaanayataa abruvanna vai no~yamalamiti
taabhyo~shvamaanayattaah abruvanna vai no~yamalamiti || 2 ||

taabhyah purushamaanayattaa abruvan sukrutam bateti purusho vaava sukrutam taa
abreveedyathaayatanam pravishateti || 3 ||

agnirvaagbhootvaa mukham praavishadvaayuh praano bhootvaa naasike
praavishadaadityashchakshur bhootvaakshinee praavishaddishah shrotram bhootvaa
karnpou praavishannoshadi vanaspatayo lomaani bhootvaa tvacham
praavishamshchandramaa mano bhootvaa hrudayam praavishanmrutyurapaano
bhootvaa naabhim praavishadaapo reto bhootvaa shishnam praavishan || 4 ||

tamashanaapipaase abrootaamaavaabhyaaam abhi prajaaneeheeti te
abradeedetaasveva vaam devataasvaabhajaamyetaasu bhaaginyou karomeeti
tasmaadyasyai kasyai cha devataayai havirgruhate
bhaaginyaavevaasyaamashanaapipaase bhavatah || 5 ||

iti dviteeya khanDaha

sa eekshateme nu lokaashcha lokapaalaashchaannamebhyah srujaat iti || 1 ||

so~po~bhyatapattaabhyo moortirajayata
yaa vai saa moortirajaayataannam vai tat || 2 ||

tadenasrushTam paraangtyajighaamsat tadvaachaajighrukshattannashaknodvaachaa
graheetum
sa yaddhainadvaachaagrahaishyadabhivyaahrutya haivaannamatrapsyat || 3 ||

tatpraanenaajighrukshat tannaashaknochchakshushaa graheetum
sa yaddhainat praanenaagra haishyad abhipraanaya haivaannam atrapsyat || 4 ||

tachchakshushaaajighrukshat tannaashaknochchakshushaa graheetum
sa yaddhainachchakshushaagra haishyaddrushTvaa haivaannam atrapsyat || 5 ||

tat shrotrenaajighrukshat tannashaknot shrotrena graheetum
sa yaddhainat shrotrenaagra haishyat shrutvaa haivaannam atrapsyat || 6 ||

tattvachaajighrukshat tannashaknottvachaa graheetum
sa yaddhainattvachaagra haishyat sprushTvaa haivaannam atrapsyat || 7 ||

tanmanasaajighrukshat tannaashaknonmanasaa graheetum
sa yaddhainan manasaagra haishayd dhyaatvaa haivaannam atrapsyat || 8 ||

tat shishnenaajighrukshat tannashaknot shishnena graheetum
sa yaddhainat shishnenaagra haishyadvisruja haivaannam atrapsyat || 9 ||

tadapaanenaajighrukshat tadaavayat
saisho~nnasya graho yadvayurannaayurvaa esha tadvaayuh || 10 ||

sa eekshat katham nvidam madrute syaaditi sa eekshata katarena prapadyaa iti sa
eekshata yadi vaachaabhivyaahrutam yadi praanenaabhipraanitam yadi chakshushaa
drushTam yadi shrotrena shrutam yadi tvachaa sprushTam yadi manasaa dhyaatam
yadyamaanenaabhyapaanitam yadi shishnena visrushTamatha ko~hamiti || 11 ||

sa etameva seemaanam vidaaryaitayaa dvaaraa praapadyata
saishaa vidrutirnaama dvaastadetannaandanam tasya traya aavasathaastrayah
svapnaa ayamaavasatho~yamaavasatho~yamaavasatha iti || 12 ||

sa jaato bhootaanyabhivyaihyat kimihaanyam vaavadishaditi
sa etameva purusham brahma tatamamapashyadidamadarshamitee3 || 13 ||

tasmaadadindro naamedandro ha vai naama tamidandram santamindram
ityaachakshate parokshena parokshapriyaa iva hi devaah parokshapriyaa iva hi devaah
|| 14 ||

iti truteeya khanDaha

iti aitayere dviteeya aranyake chaturtho adhyaayaha

upanishatsu prathamo adhyaayaha

purushe ha vaa ayamaadito garbho bhavati
yadetadretastadetatsarvebhyo angebhyah tejah sambhootam aatmanyevaatmaanam
bibhirti tadyadaa striyaam sinchatyathainanjanayati tadasya prathamam janma || 1 ||

tatstriyaa aatmabhooyam gacChati yathaasvamangam tathaa
tasmaadenaam na hinasti saasyaitamaatmaanamatra gatam bhaavayati || 2 ||

saa bhaavayitree bhaavayitavyaa bhavati tam stree garbham bibharti so~gra eva
kumaaram janmano~gredhibhaavayati sa yatkumaaram
janmano~gre~dhibhaavayatyatmaanam eva tadbhaavayatyeshaaam lokaanaam
santatyaa evam santataa heeme lokaastadasya dviteeyam janma || 3 ||

so~syaayamaatmaa punyebhyah karmabhyah pratidheeyate~thaasyaayamitara aatmaa
kruta krutyo vayogatah praiti sa itah prayanneva punarjaayate tadasya truteeyam janma
|| 4 ||

taduktamrushinaa garbhe nu sannanveshaamavedamaham devaanaam janimaani
vishvaa
shatam maa pura aayaseerarakshannadah shyeno javasa niradeeyamiti garbha
evaitatChayaano vaamadeva evam uvaacha || 5 ||

sa evam vidvaanasmaat shareerabhedaat oordhva utkramyaamushmin svarge sarvaan
kaamaanaaptvaamrutah samabhavat samabhavat || 6 ||

iti chaturtha khanDaha

iti aitareya aranyake panchamo adhyaayaha

upanishatsu dviteeyo adhyaayaha

ko~yamaatmeti vayamupaasmahe katarah sa aatmaa yena vaa pashyati yena vaa
shrunoti yena vaa gandhaanaajighrati yena vaa vaacham vyakaroti yena vaa svaadu
chaasvaadu cha vijaanaati || 1 ||

yadetadhdhrudayam manashchaitat

sangyaanamaagyaanam vigyaanam pragyaanam medhaa
drushTirdhrutirmatirmaneeshaa jootih smrutih sankalpah
kratarasuh kaamo vasha iti sarvaanyevaitaani pragyaanasya naamadheyaani bhavanti
|| 2 ||

esha brahmaisha indra esha prajaapatirete sarve devaa imaani cha pancha
mahaabhootaani pruthivee vaayuh aakaasha aapojyoteemsheetyetaaneemaani cha
kshudramishraaneeva beejaaneetaraani chetaraani chaanDajaani cha jaarujaani cha
svedajaani chodbhinjaani chashvaa gaavah purushaa hastino yatkinchedam praani
jangamam cha patatri cha yachcha sthaavaram sarvam tatpragyaanetram pragyaane
pratishThitam pragyaanetro lokah pragyaa pratishTaa pragyaanam brahma || 3 ||

sa etena pragyenaatmanaasmaallokaat utkramyaamushmin svarge loke
sarvaankaamaanaaptvaamrutah samabhavat samabhavat || 4 ||

iti panchama khanDahq

iti aitareya aranyak shashTho adhyaayahq

upanishatsu truteeyo adhyaayahq

vaangme manasi pratishThitaa mano me vaachi pratishThitam aaviraaveerma edhi
vedasya ma aaneesthah shrutam me maa prahaaseeranenaadheetena
ahoraatraansandadha amyutam vadishyaami satyam vadishyaami tanmaamavatu
tadvaktaaramavatu avatu maam avatu vaktaaram avatu vaktaaram

om shaantih shaantih shaantihi

iti aitareya upanishat sampoornaa